

<b>Title</b>	<b>Demonstrate knowledge of culinary products, terms, and food preparation methods</b>		
<b>Level</b>	<b>3</b>	<b>Credits</b>	<b>8</b>

<b>Purpose</b>	<p>This unit standard is for people working as food service staff in a broad range of food and beverage service outlets.</p> <p>People credited with this unit standard are able to demonstrate knowledge of culinary products, and culinary terms and food preparation methods.</p>
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<b>Classification</b>	Hospitality > Food and Beverage Service
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<b>Available grade</b>	Achieved
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### Guidance Information

- 1 References  
Reference texts may include but are not limited to: Christensen-Yule, L. and Neill, L. (2017) *The New Zealand Chef*. 4<sup>th</sup> ed. Auckland, NZ: Edify;  
Foskett, D., Paskins P. (2016) *The Theory of Hospitality and Catering*. 13<sup>th</sup> ed. London: Hodder and Stoughton, or the most recent editions available.
- 2 All tasks are to be carried out in terms of reference texts.

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### Outcomes and performance criteria

#### Outcome 1

Demonstrate knowledge of culinary products.

#### Performance criteria

- 1.1 Characteristics of hot sauces are described.

Range	<p>characteristics of hot sauces may include key ingredients and one common usage;</p> <p>hot sauces may include but are not limited to – béarnaise, hollandaise, beurre blanc, béchamel, jus, jus lié, demi-glace, sabayon;</p> <p>evidence of five hot sauces is required.</p>
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- 1.2 Characteristics of dressings and cold sauces are described.
- Range characteristics of dressings and cold sauces may include key ingredients and one common usage; evidence is required for dressings – vinaigrette; mayonnaise; evidence is required for four of the following cold sauces – salsa verde, coulis, pesto, skordalia, mint sauce, romesco, aioli.
- 1.3 Characteristics of cheese types are described.
- Range characteristics of cheese types may include but are not limited to – fresh (no rind), natural rind, soft white rind, semi-soft (includes washed rind), hard, blue; evidence of one example of each of four cheese types is required.
- 1.4 Types of fish and shellfish are described.
- Range fish may include but are not limited to – sole, flounder, groper, hoki, salmon, snapper, terakihi, whitebait, tuna (*Thunnini*), cod, eel (tuna), gurnard, blue nose; shellfish may include but are not limited to – crabs, prawns, shrimp, crayfish, oysters, scallops, mussels, clams (including cockles, tuatua, pipi), pāua; evidence of five fish and five shellfish is required.
- 1.5 Types of fruit are described.
- Range fruit may include but are not limited to – berry, pip, vine, stone, citrus, tropical; evidence is required for one fruit of each type.
- 1.6 Types of fungi are described.
- Range evidence is required for one type of truffle and two types of mushrooms.
- 1.7 Types of vegetables are described.
- Range categories of vegetables may include but are not limited to – leave, roots, tubers, bulbs, stems, pods, flowers, seeds; evidence is required for one each of five categories.
- 1.8 Types of pasta are described.
- Range types of pasta may include but are not limited to – short pasta, long pasta, filled pasta; evidence is required for two each of the three types.

1.9 Key ingredients of grain-based dishes are described.

Range grain-based key ingredients may include but are not limited to – couscous, bulgur, polenta, freekah, farro, rice, quinoa, barley, rye, oats, buckwheat;  
evidence of five different grain-based dish ingredients is required with one example of a dish for each.

1.10 Key characteristics of bread types are described.

Range key characteristics must include one use for each type and may include but are not limited to – leavening, method of cooking, shape, size, country of origin;  
bread types may include but are not limited to – baguette, bao bun, bap, tortilla, bagel, brioche, ciabatta, focaccia, lavash, naan, pita;  
evidence of five breads is required, and one use for each type, plus three key characteristics.

1.11 Commonly used herbs and spices are described.

Range herbs may include but are not limited to – basil, bay leaves, coriander leaves, chives, dill, marjoram, mint, parsley, rosemary, sage, tarragon, thyme;  
spices may include but are not limited to – caraway, chilli, cinnamon, cloves, coriander seeds, ginger, nutmeg, saffron, turmeric, cumin, pepper;  
evidence of five herbs and five spices is required.

## Outcome 2

Demonstrate knowledge of culinary terms and food preparation methods.

### Performance criteria

2.1 Culinary terms are described.

Range terms may include but are not limited to – canapé, carpaccio, compôte, concasse, crêpes, crouton, farce, flan, frappé, hors d'oeuvre, infusion, julienne, petits fours, pâté, ragoût, soufflé, terrine, vol-au vent;  
evidence of five terms is required.

2.2 Culinary service terms are described.

Range terms may include but are not limited to – à la carte, bain marie, buffet, table d'hôte, du jour;  
evidence of five terms is required.

## 2.3 Cooking methods are described.

Range cooking methods may include but are not limited to – baking, boiling, braising, deep-frying, shallow-frying, stir frying, grilling, poaching, roasting, steaming, stewing, sous-vide; evidence of seven cooking methods is required.

## 2.4 Common cuts of meat are described.

Range beef cuts may include but are not limited to – fillet, rib, rib eye, rump, sirloin, scotch, cheek;  
 lamb cuts may include but are not limited to – chops, loin, leg, shoulder, rack, shank;  
 pork cuts may include but are not limited to – escalopes, chops, steak, fillet, spareribs, belly;  
 venison cuts may include but are not limited to – Denver Leg, shortloin, tenderloin/fillet, rib rack, chop;  
 evidence is required for three beef cuts, three lamb cuts, three pork cuts, three venison cuts.

## 2.5 Common cuts of poultry and fish are described.

Range poultry cuts may include but are not limited to – breast, leg, drumstick, thigh, wing, suprême;  
 fish cuts may include but are not limited to – fillet, darne, délice, goujon, suprême, medallion;  
 evidence is required for three poultry cuts and three fish cuts.

<b>Planned review date</b>	31 December 2026
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**Status information and last date for assessment for superseded versions**

Process	Version	Date	Last Date for Assessment
Registration	1	20 June 2001	31 December 2013
Rollover and Revision	2	24 August 2006	31 December 2013
Revision	3	26 January 2007	31 December 2017
Review	4	12 December 2008	31 December 2017
Review	5	20 February 2014	31 December 2017
Revision	6	21 July 2016	31 December 2020
Review	7	25 January 2018	31 December 2021
Review	8	24 September 2020	31 December 2023
Review	9	25 November 2021	N/A

<b>Consent and Moderation Requirements (CMR) reference</b>	0112
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

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### Comments on this unit standard

Please contact Ringa Hora Services Workforce Development Council [qualifications@ringahora.nz](mailto:qualifications@ringahora.nz) if you wish to suggest changes to the content of this unit standard.